



PRICING - VALID FROM 1ST JANUARY 2026

GYM MEMBERSHIPS					
Payment Frequency	Membership Type				
	Single	Couple	Family of 3	Family of 4	Family of 5
One-Visit Casual (per person)	\$12.00	N/A	N/A	N/A	N/A
Weekly	\$18.00	\$30.00	\$36.00	\$48.00	\$60.00
Fortnightly	\$36.00	\$60.00	\$72.00	\$96.00	\$120.00
Monthly	\$72.00	\$120.00	\$144.00	\$192.00	\$240.00
3 Monthly	\$216.00	\$360.00	\$432.00	\$576.00	\$720.00
6 Monthly	\$432.00	\$720.00	\$864.00	\$1,152.00	\$1,440.00
12 Monthly	\$864.00	\$1,440.00	\$1,728.00	\$2,304.00	\$2,880.00

PERSONAL TRAINING	Fully Qualified Staff				In-Training Staff			
	Group Numbers (per person cost)				Group Numbers (per person cost)			
Session Length	1 on 1	2 on 1	3 on 1	4+ on 1	1 on 1	2 on 1	3 on 1	4+ on 1
30 minute	\$33.00	\$22.00	\$15.00	\$11.00	\$30.00	\$20.00	\$15.00	\$11.00
45 minute	\$55.00	\$27.50	\$17.50	\$13.00	\$50.00	\$25.00	\$17.50	\$13.00
60 minute	\$75.00	N/A	N/A	N/A	\$65.00	N/A	N/A	N/A
90 minute	\$105.00	N/A	N/A	N/A	\$95.00	N/A	N/A	N/A

OPEN GROUP CLASSES	Mums & Bubs		All Other Classes		
	Classes per week	Member	Non Member	Member	Non Member
1	FREE	\$12.00	FREE	\$12.00	
2	FREE	\$22.00	FREE	\$22.00	
3	FREE	\$30.00	FREE	\$30.00	
4	FREE	\$40.00	FREE	\$40.00	
5	FREE	\$45.00	FREE	\$45.00	

NUTRITION	
Calorie & Macronutrient Target Calculations & Basic Plan (including one-off consultation)	\$75.00
6 Week Program	\$240.00
8 Week Program	\$320.00
12 Week Program	\$480.00
Follow-on (Weekly)	\$15.00

RECOVERY AREA / TREATMENTS	Member		Non Member
Sauna - up to 60 minutes - 1 person	\$30 + Gatorade or Hydrate Drink FREE		\$35
Sauna - up to 60 minutes - 2 person	\$15 each + Gatorade or Hydrate Drink FREE		\$20 each
Sauna - up to 60 minutes - 3 person	\$12 each + Gatorade or Hydrate Drink FREE		\$15 each
Sauna - up to 60 minutes - 4 person	\$10 each + Gatorade or Hydrate Drink FREE		\$12 each
Compression Boots - 30/45 minutes	\$10		\$20
EVOLT Body Scans	FREE		\$20